

# Kirksville shapes up

**Exercise group works together to stay healthy and socialize**

BY ALEX CARLSON  
Staff Reporter

Swim. Bike. Run. For Fun. That's the motto for Kirksville Multisport.

Of the many organizations in the Kirksville area, few have stated their objective so clearly and simply. No frills.

Composed of residents from the Kirksville and Adair County area, Kirksville Multisport is a fitness organization in which members participate in exercise activities while learning, competing and simply meeting new people.

The organization supports its members, regardless of their skill, stamina or cause.

Kirksville Multisport organizer Allen Goans said he follows the group's motto by supporting socialization just as much as staying in shape and competing.

"The big thought process behind it was a way for people to come together in smaller groups to meet people, train with them, socialize and learn from each other," Goans said. "We have some people that travel to compete in races, and we have some people that just got into it to exercise and get fit and like to be around people that are motivating them to continue."

For those looking for a competitive edge in training, Kirksville

Multisport offers its competitions in which participants earn points and cap off the year with a club championship. In addition to local events, the group travels to places like Columbia or La Plata for events or for a change of scenery.

The group welcomes members of all ages. The organization's participants include Truman students, faculty, alumni and even administration, as well as other people throughout the Kirksville area.

"Some of the people who have been interested have been faculty, so they spread the word, and we have some students too," officer Janis Keough said. "I'm on the local alumni chapter board, so I've spread the word there to the alumni, and they participated in a marathon that we sponsored this past July."

Kirksville Multisport gathers the most attention and support from curious passersby when its members are in the field, exercising and competing.

"I think the biggest draw is Race Day," member Brooke Goans said. "A handful of us show up in our yellow jerseys, and people are just kind of curious. They will either come up and ask us, or they will Google the organization later."

The yellow jerseys signify the members' ability to stand out in their community by helping other members exercise or simply by having fun. Member and officer Bob Keough described the start of a race or exercise event as "a blaze of yellow."

## Alpaca vendors sell warm attire



Blaise Hart-Schmidt/Index

Freshmen Jessie Arras and Andrea Grojean rifle through stacks of gloves, hats and leg warmers in the Alpaca tent on the Quad on Tuesday. The vendors offer fair trade merchandise produced by a co-op in Bolivia that works with more than 300 Alpaca farmers. Vendors will be here until Friday.

# Club breaks 110 weightlifting records

BY SHAWN SHINNEMAN  
Staff Reporter

Shortly before 7 p.m. Friday at the Jackson Weightlifting Club's meet, Thom Van Vleck, Kirksville, was having doubts that the group would meet its lofty goal of breaking 100 records at a single event.

By night's end, 110 records had been rewritten.

The United States All-Round Weightlifting Association (USAWA) meet was held in conjunction with Faith Lutheran School's Fall Festival, an annual fundraiser held at the NEMO Fairgrounds. Festival-goers could place bids on items in a silent auction, play games, enjoy food and drinks or watch Van Vleck and the other contestants as they pushed past their goal, raising money for the school.

"I was really hoping just to break more than 72, so I had no idea we would break that many," Van Vleck said. "We ended up raising about \$2,000, which was about twice as much money as I had hoped to raise."

Many records involved random multi-tasking, such as one in which a lifter balanced a five-pound weight on his head as he bent down to lift a barbell to chest-level.

The most records broken at a single event previously

was 72. Van Vleck said there was a good turnout of lifters who are some of the best in their age groups, which helped the group reach its high mark.

The USAWA was formed in 1987 as a way to preserve some of the historic, original forms of weightlifting. There are more than 150 lifts and, because each lift is divided into age groups and weight classes, there are more than 8,000 records, according to usawa.com.

"What's nice about this organization is ... if you go to these meets, you'll see that there's a lot of older lifters in it," Van Vleck said, who holds 90 USAWA records. "Because a lot of times, guys will get injured and can't do certain things anymore. If your knees are bad and you played football when you were younger but you've still got a strong back or strong arms, you can focus on those lifts that you can still be good at."

Friday's meet included approximately 10 lifters of varying ages, including a 70-year-old contestant who broke multiple USAWA records throughout the night.

Also present was Chad Ullom, who was crowned the overall champion at the International All-round Weightlifting Association's meet in

Scotland this year.

Ullom, a Topeka, Kan. resident who traveled here for the meet, is a former football player at Coffeyville Community College. He began this type of weightlifting approximately four years ago to stay active and keep his competitive juices flowing, he said.

"It's a sideshow deal almost, but... the thing I like about it is that it does take strength, and you do have to be athletic to do a lot of it," Ullom said.

The weightlifting competition's \$2,000 contributed to the total of \$12,000 raised during the festival. Van Vleck said he worried that donations would be down this year, but the final amount was \$3,000 more than had ever been raised before.

Tara Hettinger, who helped organize the event for the sixth straight year, said the event is a fun way to bring together the school and the Kirksville and Truman communities while raising money for the school.

"[Faith Lutheran School] gets their money solely through tuition," Hettinger said. "They don't get it from any other funds. So in order to keep the tuition costs low, we have to have fundraisers."

Overall, Hettinger said the night was a big success.

# Female farmers get additional support

**National program aims to educate female farmers**

BY KELLY KIESEL  
Staff Reporter

A crash course in farm management puts women farmers on top for the future of agriculture.

The population of female farmers is increasing. As a result of this, Annie's Project, an education course for women in agriculture, has come to Missouri.

Annie's Project teaches women about farm management. Classes start Nov. 4 in Queen City, Mo. Annie's Project has reached 23 states, and the curriculum covers marketing production, leases and legal issues, record keeping software and time management.

Agriculture business specialist Karisha Devlin teaches Annie's Project courses in Missouri. Devlin is the co-coordinator for Annie's Project in Missouri as well as part of the national leadership team.

She said the ages of participating women have ranged from 18 to 80.

"Women are an underserved audience," Devlin

said. "In my job, I get a lot of widowed ladies that had been put into situations where they were taken advantage of by people, and a part of the project is to make sure they are better informed."

Devlin said this gives women a basis with which to start and a place to get assistance while meeting other female farmers.

"Any time we make an effort to help women, we are helping to empower them," Devlin said.

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**Karisha Devlin**  
agriculture business specialist

Classes on campus also prepare female students for the future of agriculture. Junior Emily Mauch, an agriculture science major, said teaching women about farm management is a step in the right direction. With opportunities such as Annie's Project and technology, women easily can manage their own farm, she said.

Some of Mauch's plans for the future include own-

ing her family farm, working for a seed company and developing new genetically modified organisms.

Michael Seipel, agriculture science department chairman, teaches a class that exposes students to different farm techniques and promotes resource conservation number.

Seipel said the number of women in the farming community is increasing and that he sees an importance in informing more

women on farm management. He said there is a generalization that farmers who grew up on a farm tend to stick to the way they have always done things, but farmers

now are more open and eager to new ideas.

Seipel said the future is a work in progress.

"The consumers have the biggest impact," Seipel said. "The future is determined not by choices of farmers but by eaters and citizens of the voting public that elect the officials who control policy."

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